

The MAARG 180-Day Comprehensive Roadmap

A structured 180-day plan for Anthropology Optional: Paper I (75 Days), Paper II (75 Days), & Consolidated Revision (30 Days)



Phase 1: Paper I - Foundations & Core Concepts (75 Days)

Week 1:
Basic Concepts

Weeks 2-7:
Sociocultural &
Biological
Anthropology

Weeks 8-10:
Genetics & Applied
Anthropology

Day 75:
End of Paper I

Phase 2: Paper II - Indian Society & Tribal India (75 Days)

Day 76:
Start of Paper II

Weeks 12-17:
Prehistoric India
& Indian Social
Structure

Weeks 18-21:
Tribal Society &
Issues

Day 150:
End of Paper II

Phase 3: Consolidated Revision (30 Days)

Day 151:
Start of Revision

Weeks 23-25:
Daily Revision
Topics (Both
Papers)

Week 26:
Full-Length Tests
& Analysis

Day 180:
Final Readiness



THE COGNITIVE ARCHITECTURE

The MAARG Spaced Repetition Revision Model

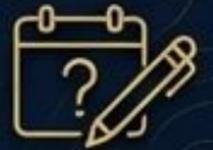


1. The Day-3 Micro Cycle

Immediate reinforcement. Every third day, look back over the notes, flowcharts, and diagrams of the preceding 48 hours to consolidate short-term memory before it fades.



2. The Weekly Review (Day 7 / 14 / 21...)



A dedicated day closing out the week. Focus shifts strictly to connecting micro-topics and executing a high-stakes 15-marker answer to simulate exam pressure.



3. The Monthly Consolidation

Long-term synthesis. Reviewing the entire month's content linearly to spot the evolutionary, cultural, or social patterns that link disparate chapters together.

(This multi-layered spaced repetition guarantees high recall for complex anthropological theories and intricate data matrices).

Paper I: Primatology & The Fossil Record

WEEK 3

- D15 Primates > Characteristics
DPP: Primate traits.
- D16 Primate Adaptations > Arboreal
DPP: Arboreal adaptations.
- D17 Primate Behaviour > Social
DPP: Primate behaviour.
- D18 Primate Taxonomy > Major Groups
DPP: Taxonomy.
- D19 Comparative Anatomy > Man vs Apes
DPP: Anatomical diffs.
- D20 Bipedalism > Skeletal Changes
DPP: Erect posture.
- D21 Weekly Revision
DPP: 15 marker.

WEEK 4

- D22 Australopithecus > S/E Africa
DPP: Explain australopithecines.
- D23 Homo erectus > African Fossils
DPP: Discuss H. erectus.
- D24 Homo erectus > Asian Fossils
DPP: Java & Peking man.
- D25 Neanderthal > La-Chapelle
DPP: Discuss Neanderthal.
- D26 Rhodesian Man > Characteristics
DPP: Explain Rhodesian.
- D27 Homo sapiens > Cro-Magnon/Grimaldi
DPP: Early sapiens.
- D28 Weekly Revision
DPP: 15 marker.

Paper I: Genetic Blueprints & Prehistoric Archaeology

WEEK 5

D29

Cell Biology > Structure |
DPP: Explain cell.

D31

Protein Synthesis >
Genetic Coding | DPP:
Protein synthesis.

D33

Chromosomes >
Structure/Function | DPP:
Explain chromosomes.

D35

Weekly Revision |
DPP: 15 marker.

D30

DNA > Structure | DPP:
DNA replication.

D32

Gene Mutation > Types |
DPP: Discuss mutation.

D34

Cell Division >
Mitosis/Meiosis | DPP:
Discuss cell division.

WEEK 6

D36

Prehistoric Arch. >
Meaning/Scope | DPP:
Explain pre-archaeology.

D38

Dating Methods >
Absolute | DPP: Explain
carbon dating.

D41

Neolithic > Ag. Revolution
| DPP: Discuss neolithic.

D37

Dating Methods > Relative
| DPP: Discuss relative
dating.

D40

Mesolithic > Cultural
Features | DPP: Explain
mesolithic.

D42

Metal Ages >
Chalco/Bronze/Iron |
DPP: Explain metal ages.

Paper I: Social Architecture & Institutions

WEEK 7

D43: Culture Concept
DPP: Explain culture.

D44: Civ vs Culture
DPP: Discuss diffs.

D45: Ethnocentrism
DPP: Explain concept.

D46: Cultural Relativism
DPP: Discuss importance.

D47: Society Concept
DPP: Explain society.

D48: Social Groups
DPP: Discuss types.

D49: Stratification
DPP: Hierarchy.

WEEK 8

D50: Marriage Def.
DPP: Explain universality.

D51: Laws (Endo/Exo)
DPP: Discuss laws.

D52: Types (Mono/Poly)
DPP: Explain types.

D53: Regulations
DPP: Preferential.

D54: Payments (Dowry)
DPP: Explain payments.

D55: Family Types/Func
DPP: Discuss family.

D56: Kinship (Descent/Clan)
DPP: Explain kinship.

WEEK 9

D57: Econ Anthro
DPP: Explain scope.

D58: Formalist Debate
DPP: Econ debate.

D59: Production (Hunter/Gath)
DPP: Subsistence.

D60: Exchange (Reciprocity)
DPP: Discuss exchange.

D61: Pol Org (Band/Tribe)
DPP: Pol systems.

D62: Authority & Power
DPP: Discuss authority.

D63: Social Control/Law
DPP: Explain control.

Paper I: Ideology, Theory & Application

WEEK 10

- D64** Religion > Anthro approaches
DPP: Explain religion.
- D65** Religious Forms > Animism/Totemism
DPP: Tribal religion.
- D66** Magic & Science > Debate
DPP: Explain magic.
- D67** Functionaries > Shaman/Priest
DPP: Religious roles.
- D68** Classical Evolutionism > Tylor/Morgan
DPP: Evolutionism.
- D69** Functionalism > Malinowski/Radcliffe
DPP: Functionalism.
- D70** Structuralism > Levi Strauss
DPP: Structuralism.

WEEK 11

- D71** Genetic Methods > Pedigree/Twins
DPP: Explain methods.
- D72** Population Genetics > Hardy Weinberg
DPP: Pop genetics.
- D73** Chromosomal Disorders > Down Syndrome
DPP: Disorders.
- D74** Ecological Anthro > Adaptation
DPP: Ecological anthro.
- D75** Applied Anthro > Forensic/Sports
DPP: Explain applied.



Paper II: Prehistoric India & Indigenous Civilizations



Paper II: Demographics & The Traditional Social Fabric

WEEK 4

D22: Pop Structure

DPP: Ethnic diversity.

D23: Linguistic Groups

DPP: Language families.

D24: Pop Growth

DPP: Census trends.

D25: Pop Factors

DPP: Fertility/Mortality.

D26: Pop Distribution

DPP: Regional patterns.

D27: Demo Challenges

DPP: Pop problems.

D28: Demography Revision

DPP: 15 marker.

WEEK 5

D29: Varnashram

DPP: Explain Varna.

D30: Purushartha

DPP: Dharma/Artha/Kama.

D31: Karma

DPP: Concept of karma.

D32: Rina

DPP: Three debts.

D33: Rebirth

DPP: Concept in India.

D34: Traditional Structure

DPP: Integration/Worldview.

D35: Social System Revision

DPP: 15 marker.

WEEK 6

D36: Varna vs Caste

DPP: Explain diffs.

D37: Caste Features

DPP: Hierarchy/Endogamy.

D38: Origin Theories

DPP: Religious/Occupational.

D39: Dominant Caste

DPP: M.N. Srinivas.

D40: Caste Mobility

DPP: Sanskritization.

D41: Jajmani System

DPP: Village exchange.

D42: Caste Debate Revision

DPP: 15 marker.

Paper II: Religion, Tribes & Applied Justice



WEEK 7
(D43-49)



WEEK 8
(D50-56)



WEEK 9
(D57-63)



WEEK 10
(D64-70)



WEEK 11
(D71-75)



The 30-Day Consolidation & Test Blueprint

Quadrant 1

Week 1: Biol Anthro - Core Areas

Days 1-7: Human Evo, Evol Concepts, Primatology, Comp Anatomy, Fossils, Advanced Fossils, 20-Marker Rev.

Quadrant 2

Week 2: Genetics & Ecology

Days 8-14: Cell Bio, Mendelian Gen, Pop Genetics, Genetic Variation, Chromo Disorders, Ecol Adaptation, 20-Marker Rev.

W1: Paper I Sectional

W2: Paper I Full

W3: Paper II Sectional

W4: Paper II Full

Quadrant 3

Week 3: Socio-Cultural Consolidation

Days 15-21: Culture, Society, Marriage, Family, Kinship, Economic Anthro, Political Anthro. (Focus on Paper I & II overlaps).

Quadrant 4

Week 4: The Theoretical Capstone

Days 22-30: Evolutionism, Diffusionism, Functionalism, Structuralism, Culture Personality, Modern Theories, Indian Anthro, Applied.

30-DAY MASTER REVISION: PART I

Paper I & II Consolidation (Weeks 1 & 2)

30-DAY CONSOLIDATION

WEEK 1: BIOLOGICAL ANTHROPOLOGY (Paper I Core High-Scoring Areas)

Day 1: Human Evolution | Bio/cultural evolution, Lamarck, Darwin, Neo-Darwinism | DPP: Explain Darwinian evolution

Day 2: Evolution Concepts | Adaptive radiation, mosaic evolution, Cope/Doll rule | DPP: Modern synthesis

Day 3: Primatology | Primate characteristics, taxonomy, arboreal adaptations | DPP: Explain primate evolution

Day 4: Comparative Anatomy | Man vs apes, bipedalism skeletal changes | DPP: Discuss erect posture

Day 5: Fossil Hominids | Australopithecus, Homo erectus | DPP: Explain Australopithecus

Day 6: Advanced Fossils | Neanderthal, Rhodesian, Homo sapiens | DPP: Discuss Neanderthal man

Day 7: Weekly Revision | Complete human evolution | DPP: 20 marker answer

WEEK 2: GENETICS & ECOLOGICAL ANTHROPOLOGY

Day 8: Cell Biology | DNA, gene, mutation | DPP: Explain DNA replication

Day 9: Genetics | Mendelian inheritance | DPP: Discuss Mendelian genetics

Day 10: Population Genetics | Hardy-Weinberg law | DPP: Explain population genetics

Day 11: Genetic Variation | Mutation, migration, drift | DPP: Discuss genetic polymorphism

Day 12: Chromosomal Disorders | Down syndrome, Turner syndrome | DPP: Explain aberrations

Day 13: Ecological Anthro | Human adaptation | DPP: Discuss ecological adaptation

Day 14: Weekly Revision | Genetics + ecology | DPP: 20 marker practice

30-DAY MASTER REVISION & FINAL TESTING

Socio-Cultural Theories & The Testing Crucible



SAARTHI IAS

Saath to success

WEEK 3: SOCIO-CULTURAL ANTHROPOLOGY

D15: Culture | Concept, ethnocentrism, relativism

D16: Society | Groups, stratification

D17: Marriage | Types, laws

D18: Family | Types, functions, change

D19: Kinship | Descent, lineage, clan

D20: Econ Anthro | Reciprocity, redistribution

D21: Political Anthro | Band, tribe, chiefdom

WEEK 4: ANTHROPOLOGICAL THEORIES

D22: Evolutionism | Tylor, Morgan, Frazer

D23: Diffusionism | German, British

D24: Functionalism | Malinowski

D25: Structural Functionalism | Radcliffe-Brown

D26: Structuralism | Levi-Strauss

D27: Culture Personality | Mead, Benedict

D28: Modern Theories | Materialism, postmodernism

D29: Indian Anthro | Village, caste, tribes, demography

D30: Applied Anthro | Tribal dev, policies, PTGs

THE FULL-LENGTH TEST PLAN (Execution Phase)

 • Week 1: Paper I Sectional Test

 • Week 2: Paper I Full Test

 • Week 3: Paper II Sectional Test

 • Week 4: Paper II Full Test